

Baked Spiced Pears

(makes 8 servings)

- butter-flavored cooking spray
- 4 firm, ripe Bartlett pears
- juice of 1/2 lemon
- 3 tablespoons (27 g) light brown sugar
- 2 teaspoons (10 ml) ground cinnamon
- 1/2 teaspoon (2.5 ml) ground nutmeg
- 4 teaspoons (20 g) reduced-calorie margarine
- 8 1/4-cup scoops fat-free, sugar-free frozen vanilla yogurt

1. Preheat oven to 350°F (180°C), Gas Mark 4. Lightly coat a baking dish that is slightly larger than the pear halves laid side by side.
2. Peel and halve the pears lengthwise. Remove the cores. Place the pears, cut side down on a board and cut each half crosswise into 5 or 6 even slices, taking care not to cut all the way through but retaining the shape of the pear half.
3. Using a wide spatula, transfer the pear halves to the baking dish. Mix together the brown sugar, cinnamon, and nutmeg. Sprinkle over the pears and dot each pear with some of the margarine. Bake until tender, about 20 to 25 minutes.
4. Remove pears from the oven and transfer to 8 dessert plates. Serve with a scoop of the frozen yogurt alongside.

Per serving: 118 calories (11% calories from fat), 2 g protein, 2 g total fat (0.3 g saturated fat), 26 g carbohydrates, 2 g dietary fiber, 0 cholesterol, 48 mg sodium

Diabetic exchanges: 2 carbohydrate (1 bread/starch, 1 fruit)